ontario maple syrup

All maple syrup sold in Ontario is labeled "Maple Syrup" or "Pure Maple Syrup". Products labeled "Pancake syrup", and "Table syrup" are not pure maple syrup and must bear the words "artificially maple flavored".

Pure maple syrup is a natural food produced by heat concentration of pure maple sap. Maple sap usually contains from 1 to 4 percent sugar. Sap is concentrated by boiling it until it reaches a minimum of 66 percent sugar. It takes from 30 to 40 gallons of maple sap to make one gallon of maple syrup.

Maple syrup purchased in small sterilized sealed containers may be stored unopened in a cool, dry place for several months or in a freezer at -18°C (0°F) for one year. Once opened it should be tightly reclosed and stored in the refrigerator or freezer. Maple syrup purchased in large containers should be used within a short time or repacked for long-term storage. To repack, put in freezer proof containers and leave 1-inch headspace. Freeze. To use, remove syrup from freezer 1/2 hour before serving and shake well.

RP-6-82-100M

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Ministry of Agriculture and Food
Ontario

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Minister

MAPLE BARBECUED SPARERIBS

3 lb spareribs
1 cup maple syrup
1 tbsp chili sauce
1 tbsp vinegar
1 tbsp Worcestershire sauce
1 small onion, finely chopped
1/2 tsp salt
1/4 tsp dry mustard
1/8 tsp pepper

Roast strips of ribs on a rack at 220°C (425°F) for 30 minutes. Drain fat from pan. Cut ribs into serving size pieces. Place in the bottom of a 9 x 13-inch pan. Combine remaining ingredients in saucepan and boil 5 minutes. Pour over ribs in pan. Bake, uncovered, at 190°C (375°F) for 1 hour, basting occasionally, and turning ribs once after one hour. To serve, skim fat off remaining sauce, and serve with the ribs. Makes 4 servings.

MAPLE - APPLE PUDDING

3 apples
1 cup maple syrup
1/2 cup apple juice
1/4 cup butter
1/4 cup brown sugar
1 egg
1 cup flour
2 tsp baking powder
1/2 tsp salt
1/2 cup milk

Peel and core apples. Slice into medium saucepan. Add maple syrup and apple juice. Simmer covered for 5 minutes. Pour into buttered 2-quart baking dish.

Cream butter and brown sugar. Add egg. Mix well. Combine flour, baking powder and salt. Add dry ingredients and milk to creamed mixture. Mix thoroughly. Spread batter evenly over apple - syrup mixture. Bake at 180°C (350°F) for 35 to 40 minutes. Serve warm with ice cream or whipped cream. Makes 6 servings.

GOOD THINGS GROW IN ONTARIO

FOODLAND ONTARIO

MAPLE SYRUP MOUSSE

1 envelope (7 grams) unflavored gelatine
1/4 cup cold water
1 cup maple syrup
3 eggs, separated
250 mL whipping cream
1 tbsp grated chocolate

Soften gelatine in cold water for 5 minutes. Beat maple syrup and egg yolks together in the top of double boiler. Cook over boiling water, for 10 minutes, stirring constantly. Stir in gelatine and cook until gelatine dissolves. Remove from heat and cool over cold water until cool but not set. Do not allow mixture to begin setting. Beat whipping cream until stiff peaks form. Fold maple syrup mixture into whipped cream. Beat egg whites until stiff peaks form. Fold into maple syrup mixture. Pour mixture into serving bowl. Refrigerate to set, about 3 hours. Garnish with grated chocolate just before serving. Makes 6 to 8 servings.

MAPLE SYRUP CAKE

Cake
1/2 cup butter
1/4 cup brown sugar
2 eggs
2 cups all-purpose flour
3 tsp baking powder
1/2 tsp salt
1/4 tsp cinnamon
3/4 cup maple syrup
1/4 cup milk

Icing
1/4 cup maple syrup
2 tbsp butter
1 cup icing sugar
1/8 tsp ginger

To make cake, cream butter and brown sugar. Add eggs, one at a time. Beat well. Combine flour, baking powder, salt and cinnamon. Combine maple syrup and milk. Add dry and liquid ingredients to the creamed mixture alternately. Beat well after each addition. Pour batter into greased and floured 9-inch square pan. Bake at 180°C (350°F) for 35 minutes.

To make icing, combine maple syrup and butter in small saucepan over medium heat to melt butter. Beat in icing sugar and ginger. Spread over cake.

MAPLE VEGETABLE CASSEROLE

1 pepper squash (1-1/4 lb)
8 medium carrots (1 lb)
1/4 cup maple syrup
2 tbsp butter
1/2 tsp salt
1/8 tsp nutmeg
dash pepper
2 tbsp maple syrup

Cut squash in pieces, remove the skin, seeds and stringy portion. Cook squash in boiling water until tender. Mash. Cook carrots until tender. Blend carrots in blender to a smooth purée. (Yield should be about 1-1/2 cups of each vegetable). Combine squash, carrot, 1/4 cup maple syrup, butter, salt, nutmeg and pepper. Drizzle top with 2 tablespoons maple syrup. Serve hot. Makes 6 servings.

***Note** To prepare ahead, spoon the vegetable mixture into a 1-1/2-quart casserole, and drizzle with the 2 tbsp of maple syrup. Refrigerate covered until ready to bake. Bake covered at 180°C (350°F) for 30 to 35 minutes.*

MAPLE BRAN MUFFINS

3/4 cup natural wheat bran
1/2 cup milk
1/2 cup maple syrup
1 egg
1/4 cup vegetable oil
1-1/4 cups whole wheat flour
3 tsp baking powder
1/2 tsp salt
1/3 cup chopped walnuts

Combine bran, milk and maple syrup. Mix in egg and oil. Combine remaining ingredients and add first mixture to this until just moistened. Spoon batter into greased muffin tins. Bake at 200°C (400°F) for 20 minutes. Makes 12 muffins.